

# PARENT PERSPECTIVES on Kids' Mental Health Amid COVID-19

A [recent survey](#) by NAMI asked parents about their own mental health and that of their children (17 years and younger).



**77%**

of parents surveyed are often or sometimes thinking about their child's mental health



**44%**

of parents are very or somewhat concerned about their child's mental health

Parents noted their kids felt an increase in these feelings during the pandemic:

**20%**  
Anxious

**19%**  
Irritated

**14%**  
Sad

**13%**  
Unable to Concentrate

**12%**  
Less Interested in Social Activities

**10%**  
Out of Control

## BACK TO SCHOOL

Despite the challenges we've faced throughout the pandemic, parents noted some silver linings:



**87%** support mental health education in schools



**89%** agree their child's mental health matters more than their academic achievement



**84%** agree children have shown a lot of resilience



**70%** support mental health days for students to take time to support their mind and body

### Supporting Your Child—and Yourself

You're never alone if you're concerned about your mental health or that of your child. NAMI is here to help you as a parent and an individual.

Visit [nami.org/youth](https://nami.org/youth) to learn more.



SCAN ME

 **nami**  
National Alliance on Mental Illness